



# MMHG Wellness May 2026

## Schedule of Events

Visit [www.mmhg.org/wellness](http://www.mmhg.org/wellness)



Date/Time	Event	Other information
Ongoing	Wellable On-Demand Fitness & Mindfulness/Meditation Classes, recipes and meal planning resources Click <a href="#">HERE</a> for More Information	Wellable's On-Demand Fitness Classes provide employees/retirees/dependents of MMHG member units with easy and unlimited access to hundreds of workouts from the world's top trainers—available anytime, anywhere. Now includes Mindfulness Classes and recipes/meal planning resources!
Ongoing	Learn to Live <a href="http://www.learntolive.com/partners">Visit learntolive.com/partners</a> and enter code MMHG	Learn to Live is a FREE, confidential online mental health program. Mayflower Municipal Health Group member unit employees, retirees and their family (age 13 and over) can enroll for free in any of Learn to Live's interactive programs: Insomnia/ Stress/ Anxiety & Worry/Depression /Social Anxiety /Substance Use
Ongoing	Savory Living Healthy Eating Lifestyle Program Click <a href="#">HERE</a> for More Information <i>Limited free subscriptions available on a first come first serve basis.</i>	Ready to use "food as medicine" and take control of how you eat and feel? Savory Living is a 12 session, self-paced, personalized, online program that includes nutrition coaching to keep you motivated to eat healthy, tackle challenges and reach your goals.
Ongoing	Harvard Pilgrim Living Well Community with Virtual Wellness Classes Click <a href="#">HERE</a> for Schedule & More Information	Check out Harvard Pilgrim's latest complimentary offerings including webinars, exercise classes, and even mini meditations. These sessions are easy to access via Zoom.
Ongoing Mondays 5:30 PM	Virtual Restorative Yoga Classes No need to register- click <a href="#">HERE</a> for website with link to join the live webinar at scheduled time.	Ease into the week with this feel-good practice, excellent for when you want refreshing movement and improved rest. Slow movements transition into gradual deeper stretching and longer holds to support happier joints, muscles, and nervous systems. All fitness levels are welcome.
Ongoing Tuesdays, 7:30 Am	Virtual Tai Chi No need to register- click <a href="#">HERE</a> for website with link to join the live webinar at scheduled time.	Begin your morning with gentle, flowing movements that calm the mind and energize the body. This Tai Chi class blends breathwork, balance, and mindful motion to support joint health, ease stiffness, and encourage fluid movement. Often described as "moving meditation," it's a refreshing way to center yourself at any time of day. All experience levels welcome.
Ongoing Wednesdays 5:30 PM	Virtual Vinyasa Flow Yoga Classes No need to register- click <a href="#">HERE</a> for website with link to join the live webinar at scheduled time.	Challenge and elevate your yoga practice through dynamic sequences that build strength, flexibility, and focus. This class is a perfect opportunity to explore the many physical and mental benefits of yoga. All fitness levels are welcome.
Ongoing Tuesdays, 5:30 PM	Virtual Cardio Dance Classes No need to register- click <a href="#">HERE</a> for website with link to join the live webinar at scheduled time.	Our cardio dance classes will be the most fun you've ever had working out. Enjoy upbeat music and moves anyone can try!
Ongoing Mondays 8:30-9:00 AM	Mindfulness Practice and Reflections (Virtual) Click <a href="#">HERE</a> for more information	Experienced Mindfulness instructors lead this practice group every Monday morning, offering guided meditation, reflections and inviting questions from attendees.

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Ongoing Thursdays 7:30 AM	Virtual Strength Training Classes No need to register- click <a href="#">HERE</a> for website with link to join the live webinar at scheduled time.	This thirty minute strength training session will get you ready to start your day! Weights are optional, all exercises can be performed using body weight only for beginners, or household items for those without access to weights to increase strength. A quick warm up to get started, moving through various strengthening exercises and closing with some stretching. Be ready, to be stronger, today!
Wednesdays May 6th, 9 AM May 13th, 12 PM May 20th, 5 PM	Full Body Bootcamp Register <a href="#">HERE</a> (enter MMHG for organization)	This high-energy workout combines strength, cardio, and functional movement for a total-body challenge. This class targets every major muscle group through dynamic intervals that build endurance.
Ongoing Wednesdays 8:30-9:00 AM	Mindfulness in Everyday Life (Virtual) Click <a href="#">HERE</a> for more information	Discover how mindfulness can support you through all of life's ups and downs. This 30-minute session shows how to mind the moment, wherever you are
Thursdays May 7th, 8:00 AM May 14th, 12:00 PM May 21st, 5:00 PM	Body Scan Meditation Register <a href="#">HERE</a> (enter MMHG for organization)	This guided mindfulness practice promotes deep relaxation and body awareness through focused attention on physical sensations and tension release.
May 1st- 31st <u><a href="#">View on-demand webinar for a chance to win a \$50 Amazon gift card!</a></u>	May Learn to Live Webinar Incentive: Managing Stress & Worry Click <a href="#">HERE</a> for more information	In this webinar Learn to Live will explore why stress and worry happen and how our minds can sometimes get stuck in unhelpful patterns. Then we'll learn proven techniques to calm our minds, regain perspective, and respond to challenges with greater clarity. View webinar recording at your convenience & be entered in a raffle to win a gift card!
Tuesday, May 5th 10:00 AM 12:00 PM 3:00 PM	Webinar: Realizing Resilience Click <a href="#">HERE</a> for more information	This webinar explores the concept of personal resilience to develop the mindset and skillset for success and bounce back better from challenging life experiences.
Wednesday, April 6th 1:00- 1:30 PM	Webinar: Taking Care of Yourself While Caring for Others Click <a href="#">HERE</a> for more information	Caregiving is rewarding but demanding. This session explores mental health strategies for those caring for loved ones, whether children, aging parents, or others with special needs. Learn practical tools to manage stress, set boundaries, prevent burn-out, and prioritize your own wellbeing while providing care.
Thursday, May 7th 1:00- 1:30 PM Wednesday, May 20th 1:00- 1:30 PM	Webinar: When We Say We're Fine, But We're Not: Tools for Mental Exhaustion Click <a href="#">HERE</a> for more information	In this webinar, the Learn to Live Clinical Team will offer practical tools to recognize mental exhaustion before you hit empty, reintroduce meaningful activities into your routine, and help you ask for support when you need it. With a few small changes, you might be able to turn off autopilot and prevent mental exhaustion to live with more intention.
Wednesday, May 13th 1:00-1:30 PM	Webinar: The Spices of South Asian Cooking Click <a href="#">HERE</a> for more information	Celebrate AAPI Heritage Month by exploring South Asian spices that define Indian cuisine. Discover commonly used spices, their various forms (whole, ground, powdered), health benefits, and culinary applications. Learn how these ingredients create the complex flavors of Indian cooking while celebrating rich cultural food traditions.
Wednesday, May 13th 3:00-3:30 PM	Webinar: What is Anxiety and What Can I Do About It? Click <a href="#">HERE</a> for more information	Do worried thoughts command all your attention and steal your joy? Or does your body tell you that you're troubled with an upset stomach, trembling hands, and sweat on your forehead? Even when they seem like they're coming out of nowhere, these can be symptoms of anxiety. The Learn to Live Clinical Team will help you better understand anxiety and introduce you to evidence based strategies that can help improve your well-being.
Friday, May 15th 12:00- 12:30 PM	Webinar: The Price of Silence: How to Talk about Mental Health Click <a href="#">HERE</a> for more information	If you are struggling with anxiety, depression, or a related concern, you know that is when you feel the least like discussing what you are going through. Join us as we discuss effective strategies, guidance in seeking help, and ways we can support those close to us who may be struggling

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Wednesday, May 20th 1:00– 1:30 PM	Webinar: Beyond Milk: Nutrition for Bone and Joint Health Click <a href="#">HERE</a> for more information	Bone and joint health requires more than just calcium. This session explores the complete nutritional picture for maintaining strong bones and healthy joints as you age. Learn which foods truly support skeletal health, nutrients that matter most, and practical eating strategies for lifelong mobility.
Wednesday, May 27th 1:00– 1:30 PM	Webinar: SPF Decoded: What Really Protects Your Skin Click <a href="#">HERE</a> for more information	What does SPF actually mean? This session breaks down sun protection facts and myths. Learn about different sunscreen types, alternatives like rash guards, what's NOT an alternative to sunscreen, reef-safe labels, and how to choose and use sun protection effectively for your skin and health.

**Savory Living**  
**Feel Better Stay Strong Challenge**  
Eligible MMHG members that sign up for Savory Living and complete 4 (2 week) on-line sessions by June 30th will be entered in a raffle to win one of fifty— \$50 Amazon Gift Cards!  
Click [HERE](#) for Details

**Zumba Toning**  
Mondays, 4:00– 5:00 P.M.  
April 6, 13, and 27,  
and May 4, 11, and 18  
Town of Kingston Council on Aging  
30 Evergreen Street  
Kingston, MA 02364  
Click [HERE](#) for Details

**MMHG Wellness Spring *Step it Up* Walking & Activity Challenge**  
**April 13th– May 24th**  
Step it Up! is a 6 week team-based activity program with user friendly online tracking that helps you view your progress. Win Raffle Prizes!  
Click [HERE](#) for Details

### May Health Tips & Links:

Resilience requires repetition. Invest time now in supportive habits like practicing mindfulness, journaling, or reflecting to strengthen your ability to handle challenges in the future. <https://www.health.com/mental-health-practices-to-build-resilience-8763703>

Make mint a must! This refreshing herb aids digestion and delivers antioxidants. Try adding a few leaves to water or tea to boost gut function and immune health. <https://www.realsimple.com/mint-benefits-8652072>

Self-compassion supports mental health by replacing criticism with kindness. To practice, speak to yourself the way you would to a close friend the next time you make a mistake. <https://www.psychologytoday.com/us/blog/in-it-together/202509/how-to-develop-self-compassion-skills?msocid=2f0e759f2d3b686d23cd633c2cc96967>

### Recipe of the Month: Almond & Blueberry Energy Balls

#### Ingredients:

- 6.3 oz (180 g) Medjool dates (about 10), pitted
- 2.3 oz (65 g) almond butter
- 1.95 oz (55 g) almonds
- 1.4 oz (40 g) hemp protein powder
- 2 ½ tbsp maple syrup
- 1 oz (30 g) freeze-dried blueberries

#### Instructions:

- Add almonds to food processor and pulse until finely crushed.
- Add dates, almond butter, hemp protein, maple syrup, and freeze-dried blueberries. Pulse until mixture is fully combined and sticky.
- Scoop mixture and roll into balls (about 2 tablespoons each). Repeat with remaining mixture to make 8 balls.
- Refrigerate for at least 1 hour to firm before serving.

